Stay Alive Longer!

Ulcer Epidemic Among Men Women's Fault

By LELORD KORDEL

James Carter was a considerate husband. He served his wife breakfast in bed and tried to fit into her Prince Charming pattern by making enough money to supply her greed for material things. Before they were financially able, she insisted that they buy a home which required domestic help as well as high payments.

Jim's physical condition became such that he couldn't handle the pressure of his job. When staff cuts were made he was found expendable by his employer.

Out of work, weighed down by the upkeep of his family and the expensive home, Jim took two jobs working one at night and the other during the day. Then, to make up for having to let the maid go, Jim helped out at home.

Succeeding attacks of acute indigestion finally sent Jim to the doctor. He was told that his heart strain and blood pressure were reaching the dangerous stage.

"It's suicide for you to go on this way" was the verdict. Knowing something of Jim's difficulties with his wife, the doctor insisted on warning her as well.

"The doctor's probably an old crank," Jim reassured his wife. "I'm as strong as I ever was." And he increased his schedule to prove it to her.

One night he came home and barely made it to the door—where he dropped dead of a heart attack. His wife became a widow at 35.

Life insurance statistics show that thousands of men die before their time — men who could have been saved if their wives had taken their responsibilities more seriously.

Marriage was designed to give the woman the responsibility for the well-being of her husband and children.

Wives have increased their own widowhood expectancy. By 1975, women 65 and over will outnumber men three to two. The gap between the life expectation of a man and that of a woman has doubled in the last 25 years. Practically everything today kills more men than it does women.

The American man is particularly sensitive regarding his ability to "take it."

They go to such lengths to demonstrate their hair-on-the-chest masculinity that they destroy themselves in the process. "Live dangerously!" That philosophy has captured the public's imagination. Follow such foolhardy advice and tragedy results. Instead: "Live sensibly, moderately, leisurely—and long!

Social Climbing

Women have learned to take better care of themselves, than formerly, but they haven't yet learned to take better care of their men.

Dr. Benjamin D. Paul, of Harvard University, has graphically described how American women are incubating an epidemic of ulcers among their men. He blames social climbing — keeping up with the Joneses—for the ulcer-breeding male anxiety. Women drive their husbands into nervous disorders and chronic disease by their female lust for luxuries.

Wives must face the truth and their responsibilities therein: husbands are dying four times as fast as wives.

When a man seeks his sofa or hammock on weekends, he is dangerously tired. He is being driven into premature aging by the strain and exhaustion caused by the demands of his ignorant or neglectful wife. With encouragement and help from his wife the average man can reach his retirement without being five to 10 years older than he needs to be.

It's the wife who sends her husband away from home in the morning unhappy tense, and accident-prone, to function so badly that he may be killed or injured in an accident.

The nagging wife, the demanding wife, kills her husband just a little bit every day. The clinging-vine wife burdens her husband with responsibilities and restrains him from ever risking achievement.

At the time when a man needs his wife the most, she is often so busy being a mother that she's forgotten how to be a wife. She even causes her husband to lose respect in the eyes of the children.

Share, Not Quarrel

How many couples learn to share the things they love, rather than quarrel about the things they hate? If a wife quarrels with her husband and is tempted to hurl bitter, scornful words at him, she would be wise to remember the advice of a famous psychiatrist to an angry wife: "Don't nurse your wounds. Nurse his. Forget the bitterness, and remember the times he got up with the children at night, his concern and tenderness when you were sick Thin of his struggles, his disappointments and you'll forget your own."

Mrs. Walter Ferguson wrote in the New York World Telegram: "We hear that scientists are working to see if they can find out what is killing off so many men in the prime of life. That's a real easy one. It's the women.

"We aren't doing it on purpose, of course. We love our men and are worried about their shortened life span. But we also love having mink coats, air-conditioned cars, large houses with lovely gardens, stylish clothes and all the latest gadgets for the kitchen. It's killing the men to supply them. The pressure of getting 'things' for their women and gratifying their own material wants puts them in a rat race."

American women, with their demands, encourage their men to kill themselves. And that's what it is — deliberate, unnecessary suicide, just as surely as if each man put a gun to his heart and pulled the trigger.

It's time to do something about it. We must stop this lopsided increase in longevity. You wives must decide.

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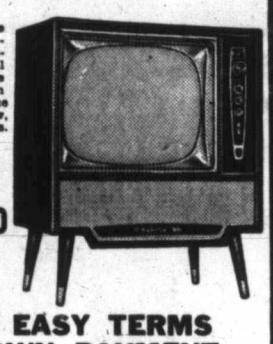

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Clubs and Societies

Symphony Ball Nets $850

The Women's Committee of the Victoria Symphony reported $850 was cleared at the recent Symphony Ball.

Next effort is the sponsoring of the Canadian Players with "Romeo and Juliet" and "Pygmalion" coming to the Royal Theatre on Feb. 21.

There will be a beauty demonstration in the Hudson's Bay Douglas Room on March 5 and 6.

Mrs. G. Worthington-Lake was named official business convener.

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YWCA

Six additional rooms in the YWCA will be renovated by the Ladies' Auxiliary it was decided recently.

Six rooms were recently decorated and furnished by the group.

Mrs. G. H. Wheaton presided and reports were heard as follows: Mrs. H. C. Johnston convening of refreshments for the men's annual meeting; Mrs. M. S. Hedley, coffee party in March; Mrs. W. Munro, house.

The meeting voted $25 to the Y's Men's Club to assist in furnishing of the board room. Plans were also made for a rummage sale in mid-April.

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WBA Review

WBA Review No. 1 will meet on Monday at 7.30 p.m. in the Orange Hall.

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IODE

Municipal Chapter, IODE, will meet at 605 Courtney Street on Monday at 8 p.m.

Guides

Vancouver Island Pioneer Girls' Guides (leaders) and Assistants held a "Guide's workshop" on Feb. 7 at Central Baptist Church, under the direction of Miss Ruth Kasen of Seattle, northwest director for Pioneer Girls.

During the lunch hour the ladies presented Miss Kasen with a wedding gift as she is to be married shortly.

There were representatives from Duncan, Cobble Hill, Langford, Brentwood, Sidney and Victoria.

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St. Mark's

St. Mark's WA and Guild will sponsor a tea in the Douglas Room of the Hudson's Bay Company on Saturday at 2.30 p.m. There will also be a sale of home-cooking.

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Dr. Carl

A meeting of the Victoria Natural History Society will be held in the Provincial Museum at 8 p.m. on Tuesday. Guest speaker will be Dr. G. Clifford Carl, who will speak on "Rehabilitation of Life on the Coast after the latest glacial period."

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St. Andrew's

Couples' Club, St. Andrew's Presbyterian Church, will hold a shoppers' luncheon, 11 to 1.30 p.m., and a Valentine tea from 2 to 4 p.m. on Saturday in the Kirk Hall. There will be bread-baking contest, home-cooking and delicatessen stalls.

St. Saviour's

Three new members were welcomed into the evening branch of the St. Saviour's WA—Mrs. T. Warner, Mrs. E. Sherk and Mrs. E. Hunter.

Following the meeting, the group held a birthday party to honor Mrs. A. Roach, celebrating her 80th year. A cake, decorated by Mrs. M. Willis, and refreshments by hostess Mrs. D. M. Hughes, were served.

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St. Matthew's

A capacity audience filled St. Matthew's parish hall at Langford recently to enjoy tea and a fashion show of spring millinery and accessories. General convener was Mrs. Rosa Guyton and the tea convener was Mrs. Helen Horner. Servers, members of the Evening Guild, were Mrs. Helen Wolski, Mrs. Mildred Wilson and Mrs. K. Deall.

Sacred Heart

Sacred Heart Council Catholic Women's League, will hold a rummage sale on Saturday from 9 a.m. to 12 noon in the CCF Hall, with clothing, housewares and books.

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50-Up Club

A members' luncheon of the Langford 50-Up Club will be held in the new hall on Sunderland Road on Wednesday at 1 p.m. This will be followed by a program.

On Saturday, Feb. 28 an open house will be held in the hall from 2 p.m. to 4 p.m. and everyone is accorded a special welcome to visit the new hall.

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